

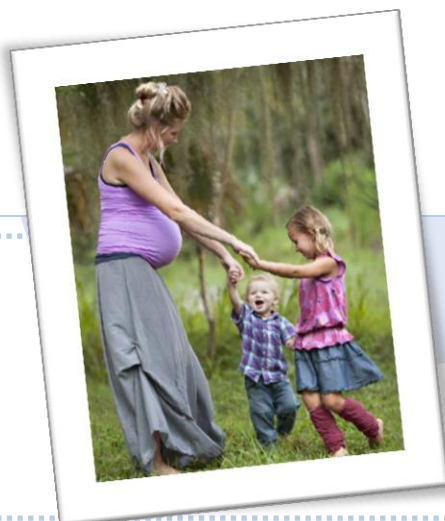
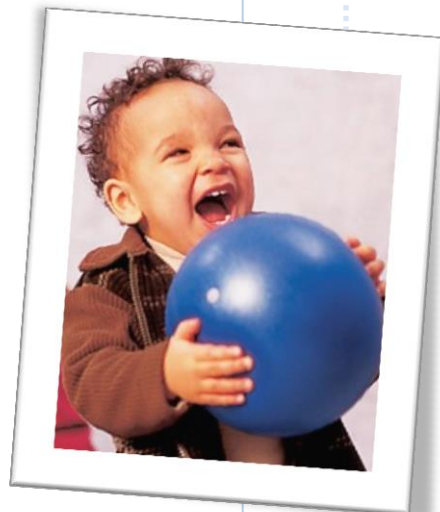
Enjoy the Moment...

Have Fun, Connect and Wonder, Pause and Wait

Everyday Activities to Nurture Speech and Language in the 1-2 Year old

At Home...

- **Get Face to Face.** Talk about the things your child is interested in. If your child likes balls then get a ball and talk about what he is doing with it. Talk about **rolling** the ball, **bouncing** the ball, **throwing** the ball etc.
- Play simple **"People Games"** like "Peek-a-boo" or "Ring around the Rosie". **Pause** and **Wait** before a word or action that your child might say or do for "a turn" – Give them a look to let them know you expect them to do something e.g. fall ..." (gesturing down).
- Show your child **how to pretend**. If your child has a favourite stuffed animal or doll, pretend to feed the it, or give it a bath.
- **Name things like the clothes** as you dress your child.
Talk about where they go. "Shoes go on your feet". Speak slowly so that you are highlighting the words. Once again, pause before the last word to encourage your child to fill in the blank e.g., "shoes go on your ... (point to your child's toes)".
- Talk about **body parts** while taking a bath or getting dressed.
- **Read Books** with your child. Choose books that have simple rhymes, lots of repetition, only a few words on each page.
- **Sing Action Songs** like "The Wheels on the Bus" and "The Grand Old Duke of York". Once your child is familiar with the song, pause "the wheels on the bus go" so your child can fill in a word or two. If your child isn't talking, encourage him to fill in the blank with an action/gesture.
- Ask your child to **Follow 2 step Directions** like, "put the book on the sofa" and "give your ball to daddy".



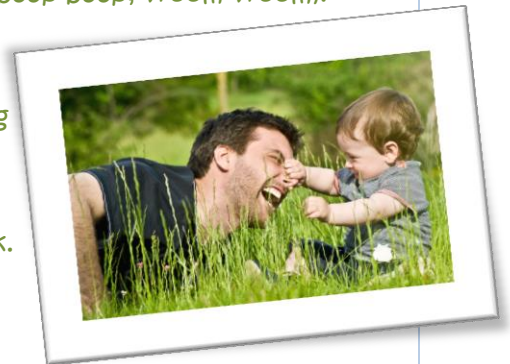
On the Road...



- Use gestures with your words—pat tummy+ “mmm good”, shrug + I don’t know”
- Name, and point to objects and people as you pass them on the road. Point to the dog you see out the window and say. “There’s a dog” as you point to it. Stress the last word so that it stands out e.g., there’s a **Dog**”.
- Talk about animals and the sounds they make. If you pass a cow, say, “I see a cow, cows say moo”.
- Singing songs and reciting nursery rhymes as you drive is a great way to have fun in a car. Pause before the last word so your child can fill in the blank.

Outside...

- Help your child expand his language. If your child points to a dog, and says dog, say “yes, a little dog. We have a big dog”
- Teach the meaning of location words like “up” and “down”, “in, out” when he is on the playground equipment. Talk about going up and down the stairs of a slide and going up and down on the seesaw, when they are doing it. Whenever appropriate, use gestures by pointing “up” while saying “up”.
- With cars and trucks—label the vehicles and make sounds (beep beep, vroom vroom).
- If your child likes bubbles, model action words like “blow, pop, stomp” as you play together with bubbles and words like “walk, fly, smell” as you go for a walk and see birds flying and smell flowers.
- If your child likes playing with chalk, talk about words like “in”, “on”, and “out”. Draw a large circle with sidewalk chalk. Take turns stepping into the circle, and jumping out of the circle etc.



Grocery Store...



- Label and talk about food and other grocery store items. Talk about how you are pushing the cart and your child is sitting in the cart.
- Copy sounds and words your child makes. Repeat his word or phrase and expand it. If he says “big apple”, you could respond, “yes, a big crunchy apple”.
- Always model back corrected speech and grammar. Child says “that tookie”; respond warmly by saying, “yes, that is a cookie”.

The most important thing you can do to build your child’s language skills is to talk with your child. Research shows it’s the words spoken directly to your child that build vocabulary, so whether you are going for a walk, changing diapers, or playing with a ball... talk with your child!